



MIDDLESTOWN PATIENT PARTICIPATION GROUP



Spring 2016

Reps from both these groups below will be in surgery for our One Day Event on Thursday 28 April

SOCIAL PRESCRIBING

Are you struggling with day-to-day living such as housing, finances or employment or do you feel lonely and isolated? If so, social prescribing could help.

There are many things that can affect a person's ability to feel healthy, both physically and mentally, and to remain independent. We understand this and can help with a variety of issues. In fact, there are many services out there locally which can help people solve problems which are affecting their health and wellbeing.

Social prescribing is a way of linking people with sources of support within the community. It provides non-medical referrals to improve health and wellbeing. While there is no widely agreed definition of social prescribing or 'community referrals' as they are sometimes known, social prescribing includes an extensive range of prescribed interventions and activities. Some examples are given in the box below.

Our health and wellbeing team provide information, advice and support to help adults over 18 to maintain their health and independence. If you think social prescribing could be for you, call 01977 705473 for more information.

BETHANY HOUSE

Bethany offers a safe place where people over 18 who are experiencing emotionally difficult times in their lives can find help and refuge from the pressures of life in a loving, supportive environment.

All of us at some time in our lives will experience times of loss or change which can leave us feeling anxious, stressed or lonely. Trained volunteers can offer help and support and guests can also benefit from a variety of creative and therapeutic activities such as painting, music, singing, craft, knitting, bibliotherapy, well-being sessions and games.

There are two sessions each day. The morning session from 10-12 noon followed by a healthy lunch and an optional time for reflection; the afternoon session from 2-4pm including tea and cake to finish.

Bethany is based at West Wakefield Methodist Church at the junction of Thornes Road and Horbury Road. Contact us on 07596 179140 for details of opening times.

Arts, creativity, learning and exercise on referral - Self-help groups - Computerised CBT - Bibliotherapy/ self-help reading - Group activities on referral - Volunteering - Signposting, information and guidance - Supported education and employment - Adult learning - Knit and natter clubs - Fishing clubs - Gym-based activities - Guided/health walks - Green Gym/ gardening clubs - Cycling - Swimming and aqua-therapy - Team sports - Exercise and dance classes - Physical activity - Learning new skills - Mutual aid - Befriending

We now have 2 pharmacists in the Practice team employed by the Vanguard Project to help GPs.

They will have face to face and telephone consultations; deal with hospital discharges, medical alterations and counsel patients; deal with medication queries and requests and look at cost effective prescribing. For example, if a patient rings reception or the dispensary for advice on medication they will be put through to the pharmacist who will hopefully resolve the problem, with the back-up of a GP if necessary.



Fatima Sabir will be available on Mondays & Tuesdays and Aun Qureshi on Thursdays & Fridays.

Did You Know? Anyone over the age of 65 can have the pneumonia vaccine. This can be given at any time during the year. Ask at Reception for more details.

Top Tip! It helps if the GP knows all you want to discuss in your 10 minute slot. Please write down what you want to consider and hand it to the GP when you go into the room. That way you don't forget and the GP can do their best to keep to time and make the best use of your appointment.



NEW - HEALTH VISITOR CONTACT DETAILS

Health Visiting Service North (Thornhill/Thornhill Lees)
Tel: 030 3330 9820 (Option 4). Based at Batley Health Centre, 130 Upper Commercial Street, Batley WF17 5ED

Health Visiting Service South (Emley)

Tel: 030 3330 9974. Based at Mill Hill Health Centre, 86 Dalton Green Lane, Huddersfield HD5 9TS

Health Visitor Advice Line for parents, Mon-Fri 5pm-8pm
Tel: 030 3330 9588. Please note this is not an emergency service.

For **urgent safeguarding concerns** please contact Social Services Duty Team. Contact details can be found at <http://www.kirkleessafeguardingchildren.co.uk/> or General Enquiries at 01484 225161

Did you know? You can ask for breast screening after age 70. Contact: Pennine Breast Screening, Bradford 01274 365521 (HD postcodes) OR Leeds/Wakefield Breast Screening Unit, Seacroft Hospital 0113 2063816. (WF postcodes)

COFFEE & CAKE EVENING



Come along to Middlestown Medical Centre to meet your Patient Participation Group (PPG) members, and join us for a cuppa and some home-made cake. At 7pm Jill O'Connell will be giving a short presentation about Dementia. Stay on for the AGM and if you are interested in joining the PPG please put your name forward.

**Tuesday 24 May 2016,
6.45 for 7pm**

at Middlestown Medical Centre

ALL PATIENTS INVITED

MAKING AN APPOINTMENT



Routine appointments:

Appointments are pre-bookable up to 12 weeks in advance. We will try to meet your needs where it is possible; sometimes there is a longer wait if you ask for a specific clinician. To book appointments telephone 01924 237100 and select option 1. You can also book appointments online and cancel them 24/7.

We operate a daily call back service (Monday to Friday). When you contact the surgery the receptionist will take your name, address and contact telephone number. They will also ask for a brief description of why you want the appointment with the doctor or nurse; this information is optional but it helps the clinicians who may ring you to prioritise the telephone calls and is very helpful.

Do you find it difficult to attend the surgery due to work commitments? The practice has its own extended hours session here at Middlestown every Saturday morning for patients with pre-booked appointments. The practice telephone lines are not open at weekends.

There are a number of late night sessions run by the practice nurses and HCA for those who work. Please ring the Medical Centre on 01924 237100 to book an appointment

Emergency appointments:

If you are taken ill outside the surgery opening times, Middlestown Medical Centre patients have access to book an urgent West Wakefield Extended Hours appointment with a doctor or nurse at Ossett Health Village when they are available. When you ring the Out of Hours service on 111 please ask to make an appointment with West Wakefield Extended Hours. All other out of hours will be covered by the 111 on call service.

**Next Newsletter
due 18 July. Next
Event 28 July.**

TELEFRIENDING - A new free service provided by the **Senior Citizens Support Group** (Horbury, Ossett & Surrounding areas) aiming to reach out to people who feel isolated and may benefit from a friendly telephone call on a pre-arranged day. For more information contact Moira on 01924 262818. (Charity 1160774)



You can also view this Newsletter on our PPG webpage at www.middlestownmedicalcentre.nhs.uk Please pass this Newsletter on to family or friends after you have finished with it.